

CAMPZA 2022

ABN SUMMER CAMP (MAY 24 TO JUNE 4)

Events at CAMPZA 22

- **Yoga**
- **Art & Designing**
 - * Calligraphy
 - * Madhubani Art
 - * Scratch Art
 - * Abstract Art
 - * Pop Art
- **Taekwondo**
 - * Punching & Kicking techniques
 - * Head height kicks
 - * Spinning jump kicks
 - * Fast Kicking techniques
- **Sports**
 - * Badminton
 - * Basketball
- **Music & Dance**
 - * Drums
 - * Synthesizer
 - * Free style dance
 - * Bollywood dance
 - * Vocal music

An insight to the daily activities of the Summer Camp can be viewed at the link given below.

Click on this [link](#) to take a look.

Summer Camp at ABN

CAMPZA 2022 (organized by ABN Sr. Secondary School) has been a very successful Summer Camp with a plethora of activities organized within the premises of our school in the campus of IIT Roorkee.

The camp was organized for a period of 10 days starting on May 24th, 2022 and attracting more than 160 children from ages 8 and above.



CAMPZA started off with great enthusiasm with activities carried out on various categories where children participated and learnt various techniques of the category chosen by them.

The event culminated on the 4th of June with a presentation and show of all the activities conducted through the ten-day camp.

CAMPZA ...Some glimpses



CAMPZA 2022: DETAILS OF ACTIVITIES

Yoga



Days at CAMPZA kick started with Yoga in its various forms with young learners breathing in the fresh morning air with different Prayanama exercises for physical and mental wellness. Asanas again in its various forms followed ...reclining, standing, twisting and balancing exercises. **Mr. Vivek Manglik** and **Mr. Ajay Rathi** guided the children through.



Taekwondo

Well known Taekwondo instructor, **Mr. M. Yakoob** led his enthusiastic learners into basics of kicking and Punching, fast kicking techniques where in children mastered the art of self-defense and martial art.



Sports

With our indoor badminton court and state of the art basketball court, children, in large numbers participated in learning the skills of these outdoor sports. Physical training instructors, **Mr. Ajay Rathi** and **Mr. Vivek Manglik** carefully guided the students into techniques such as dribbling of the ball, backhand strokes and more.



Dance & Music

Well known dance teacher **Mr. Raju** taught students free style Bollywood dance numbers wherein our young and fanatical dancers tapped their feet and moved to his steps. **Mrs. Jasmeet Kaur** and **Mrs. Nomita Narula** from our department children into learning drums and the synthesizer.



of music, helped and guided instruments such as the guitar,

Art & Designing

The art and designing category taught various techniques of Pop Art, Scratch art, Madhubani art and Calligraphy wherein students learnt introductory techniques and gradually created their own board of colorful

work. **Mrs. Vibha Mittal and Mrs. Allen Simon**, the mentors who worked enthusiastically and brought out an array of creativity in the work of the participants.



The **CAMPZA** finale (June 4, 2022) showcased a short programme featuring all the events of the Summer Camp and felicitation of our participants with souvenirs and certificates. Our coaches and instructors too were felicitated by the school Manager, Dr. Sandeep Banerjee for their hard work and dedication.

The occasion was graced by the School Manager and Our School Principal, Mrs. Kanwaljit Kaur who addressed the CAMPZA team with her words of motivation.

